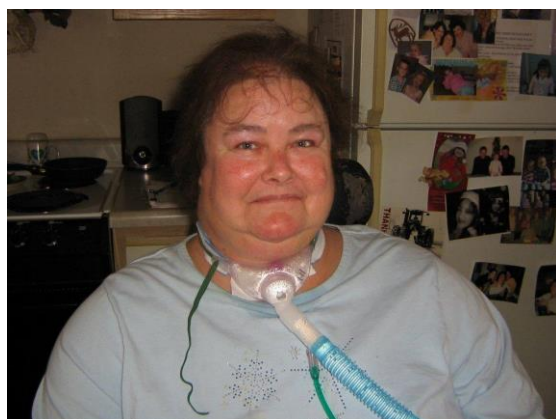


Tremendously Blessed to Have Self Directed Supports

Sandy lives in Perryville, MO, in her own apartment with Self Directed Supports in place to help her maintain her current level of independence. Sandy is responsible for managing her personal assistance staff. She has been living with Congenital hereditary Muscular Dystrophy since birth. In order to carry out her Self Directed Supports, Sandy chose to have a designated representative (Vickie) who is a friend of hers to assist her in supervision of her employees. She also helps her address any concerns with her personal assistants.

Sandy enjoys spending time with family, friends and her personal assistant. She loves having her flowers and plants outside in her yard and her personal assistants help her take care of them. Sandy is very easy to speak with, she enjoys visiting with others, loves going out in the community and is very determined to maintain her independence. She not only advocates for herself, but is an advocate for others with disabilities and has participated in disability advocacy in Jefferson City.



With her Muscular Dystrophy and the physical and medical needs that have come about over the years, Sandy relies on her personal assistants to help her with entering and exiting her home, transfers, repositioning her in bed and wheelchair, meal preparation, diabetes care, assistance with eating, hygiene, dressing, transportation, laundry and household chores. Sandy readily communicates with her personal assistance to let them know what she needs and how she needs it done. Sandy had some medical issues a few months ago that would have been devastating had she not had Self Directed

Supports. Sandy was hospitalized with pneumonia and her medical and physical needs took a turn for the worse. Sandy's physician told her that if she did not have round the clock care at home, she would have to be moved to a nursing home potentially for the rest of her life.

Of course, Sandy was very upset with this news, as was her family, friends and personal assistant workers. Sandy swung into action with her entire planning team and built the round the clock supports needed to avoid the nursing home and have a happier life in her own home. Today, Sandy is very happy and tremendously blessed to be able to continue to live in her own apartment with Self Directed Supports and maintain as much of independence as she can.



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